




Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 16	Week 7
<b>Year 7</b>	To learn the basics of stick control and be able to DRIBBLE	Learn how to use a PUSH PASS in order to create a chance to score.	Learn how to SHOOT in order to score.	Learn how to TACKLE in Hockey	Learn how to SCORE & OFFICIATE a competitive Hockey match.	Learn how to ORGANISE & COMPETE in a Hockey tournament.	Learn how to ORGANISE, COMPETE & LEAD in a Hockey tournament.
<b>Year 8</b>	Recap the basics of stick control and be able to DRIBBLE/PUSH PASS	Learn how to use the REVERSE STICK in order to pass the ball.	Learn how to RECEIVE ON THE MOVE in order to generate attacking momentum.	Learn how to DEFEND/MARK PLAYERS	Develop DECISION MAKING to create opportunities to attack	Learn how to perform Corners (Short/Long)	Developing how to ORGANISE, COMPETE & LEAD in a Hockey tournament.
<b>Year 9</b>	Learn the basic RULES/ SCORING systems and explain their use in competitive situations?	Understand the importance of POSITIONING when officiating	Understand the importance of COMMUNICATION when officiating (Verbal/Non Verbal)	Develop knowledge of more ADVANCED RULES in your activity.	Learn to apply/enforce more advanced rules in a competitive situation when officiating?	Learn how to organise a mini tournament with teacher support?	INDEPENDENTLY ORGANISE a mini tournament.

### Key Skills

**Hit** – Striking the ball using a swinging movement of the stick towards the ball. 

**Push** – Moving the ball along the ground using a pushing movement of the stick after it has been placed close to the ball.

**Flick** – Pushing the ball so it is raised off the ground.

**Scoop** – Raising the ball off the ground by placing the head of the stick under the ball and using a lifting movement.

**Tackling** – An action to stop an opponent retaining possession of the ball.


- ### Components of Fitness
- Co-ordination
  - Agility
  - Reaction time
  - Power
  - Stamina
  - Strength



**SMSC / Cultural Capital**  
**Team work / Fair Play / Respect / Sportsmanship**



### Tactics and Strategies

- Attacking and defending
- Create space and cut down space
- Losing an opponent
- Changes of speed
- Timing
- Decision making



### Key Words / Literacy

- Technique
- Accuracy
- Interception
- Marking
- Possession
- Turnover
- Team work
- Communication
- Co-operation
- Decision making

### Rules and Regulations

Dribbling - You can only hit the ball with the flat side of your stick.

Shooting - You must be within the shooting D to score

The stick cannot be lifted higher than the waist

The ball cannot touch your foot

The ball must be hit with the flat side of the player's stick.

The game begins with a pass from the very centre on the halfway line.

A competitive game is 70 minutes split into two halves.

There are 11 players on a team, including a goal keeper.

For protection, players wear shin pads and a gum shield whilst the goalkeeper is heavily padded.

